

VIC Referral List

Organisation Name	Type of Support	Phone Number	Blurb
Alcohol and Drug Counselling Online	Support Helpline	1800 888 236	Information and referral service for anyone in Victoria wishing to discuss an alcohol or drug-related issue.
1800 My Options	Information & referrals	1800 696 784	Provides information and referrals for sexual and reproductive health, specifically contraception, unplanned pregnancy, abortion, and sexual health care.
Anxiety Recovery Centre Victoria	Support, Info & referrals	1300 269 438	Provides support, information and referral to people with anxiety disorders, their families and carers, and mental health care providers.
Association for Children with a Disability (ACD)	Support for parents & families of children with a disability	03 9880 700	Provides free support for parents and families of children with any type of disability, to help understand and advocate for their child's rights and needs. Also available for professionals who work with children and their families.
Djirra Aboriginal Family Violence Legal Service	Indigenous support for family violence	1800 105 303	Provides telephone and face-to-face legal and non-legal support to Aboriginal people who are experiencing or have experienced family violence.
Family Drug and Gambling Help Line (from the Self Help Addiction Resource Centre)	Support service	1300 660 068	A confidential telephone support service staffed by volunteers with experience of Alcohol and Other Drugs (AOD) and gambling issues within the family.
inTouch Multicultural Centre Against Family Violence	Support service	1800 755 988	For women and children from culturally and linguistically diverse (CALD) backgrounds who are victims/survivors of domestic violence. Interpreter services are available.
Rainbow Door	Advice, support & referrals for LGBTIQ+	1800 729 367	Provides advice, support and referrals to all LGBTIQ+ people in Victoria, their friends, family and peers. SMS support is also available, with texts returned during operating hours.
Safe Steps Family Violence Response Centre	Information & referrals	1800 015 188	Provides crisis telephone support, information and referral to safe accommodation (refuge) for women experiencing violence and abuse in their relationships. Web chat service is also available.
Sexual Assault Crisis Line	Crisis counselling & information	1800 806 292	An after-hours, confidential, telephone crisis counselling and information support service for victim/survivors of both past and recent sexual assault.

VIC Referral List

Organisation Name	Type of Support	Phone Number	Blurb
SuicideLine	Helpline	1300 651 251	For people who are feeling suicidal or who are concerned about another person who may be suicidal. Also for people who are grieving or emotionally affected after a suicide. Online chat and video chat services are also available.
Wire Women's Support Line	Support, Info & referrals	1300 134 130	Provides support, information and referrals to women, non-binary and gender diverse people on any issues, such as: family relationships and legal issues; domestic/family violence; housing and homelessness; emotional wellbeing; mental health – anxiety, fear, stress and depression; and job search, study options and community volunteering.
YoDAA—Youth Drug and Alcohol Advice Service	Counselling, referrals & info	1800 458 685	Provides information, counselling and referrals for young people, families, youth workers and school staff affected by drug and alcohol use.